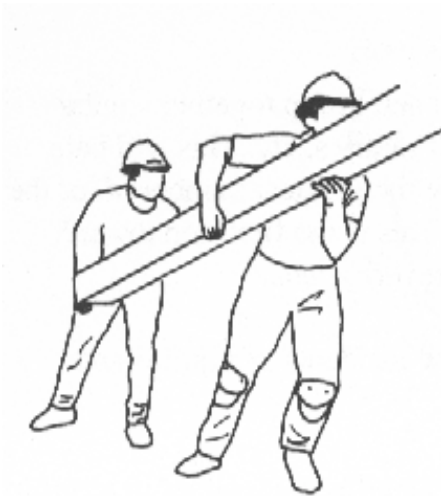


Team lift with two or more workers

Reduces heavy lifting

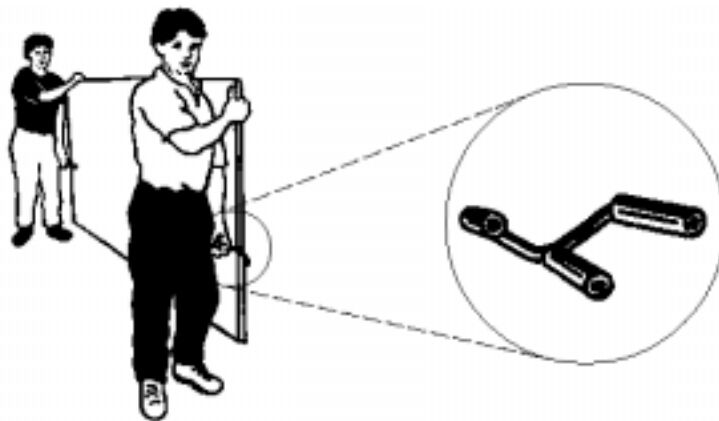


Lifting heavy
beams or
planks



Lifting drywall
panels or plywood

NOTE: It is better if
the people in the team
are of similar height.



Handles
can make
lifting easier

Other benefits:

- Reduces chance of strains and sprains
- Less fatigue at the end of the day